



SMART SWAPS

BREAKFAST RECIPES

Kid-approved recipes helping K-12 schools
reduce added sugars at breakfast.





– helping school nutrition professionals create meals that are not only nutritious, but also exciting, practical, and student-approved.

Inside, you'll find recipes, strategies, and tools to help you confidently implement scratch and speed-scratch breakfast options that meet USDA's new nutrition standards while fitting into the realities of school kitchens.

WHY BREAKFAST MATTERS IN K-12

Breakfast sets the tone for a student's day. By offering meals that are tasty, appealing and accessible, schools play a critical role in supporting student focus, energy and overall success.

This resource is designed to be flexible and practical. Use it to:

- Introduce new breakfast recipes into your menu cycle
- Train and boost confidence in your kitchen team
- Inspire! Recipes can be adaptable based on your equipment, staffing and student preferences
- Support menu planning with scalable, realistic options

Smart Swaps was developed in partnership with the National Dairy Council and dairy councils across the country.

VISIT [SMART-SWAPS.COM](https://www.smart-swaps.com) FOR MORE RESOURCES.



Adapted from United Dairy Industry of Michigan | Florida Dairy Farmers by Maine Dairy & Nutrition Council.

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NOTES

SMOOTHIES





BANANA PINEAPPLE SMOOTHIE

Cooking Process: #1 No Cook
Prep Time: 50 minutes
Cook Time:
Total Time: 50 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 9.5 fluid ounces
Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Pineapple, chunks or tidbits, canned, in juice, drained	2 lb	1/2 - #10 can	8 lb	2 - #10 cans
Banana, ripe, frozen, EP	2 lb		8 lb	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Milk, skim or low-fat		1 qt		1 gal

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

- 1. Refrigerate pineapple night before service.
- 2. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.

CCP: No bare hand contact with ready to eat food.

- 3. Place yogurt, canned pineapple, frozen bananas, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
- 4. Pour 9.5 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.

CCP: Hold and serve at 41° F or below.

BANANA PINEAPPLE SMOOTHIE

NUTRITION INFORMATION

Serving Size	9.5 fluid ounces
NUTRIENTS	AMOUNT
Calories	185
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	100 mg
Total Carbohydrate	38 g
Dietary Fiber	3 g
Total Sugars	27 g
Added Sugars	5 g
Protein	7 g
Vitamin D	2.7 mcg
Calcium	180 mg
Iron	0.4 mg
Potassium	669 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
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STEP-BY-STEP



Freeze bananas at least one day prior to service. Peel bananas and lay on a lined sheet pan in a single layer.



Place yogurt, canned pineapple, frozen bananas, and milk in a 5-gallon bucket.



Use an immersion blender to blend until smooth.



Pour 10 fl oz smoothies into 12 fl oz cups.



CHERRY LIME SMOOTHIE BOWL

Cooking Process: #1 No Cook
Prep Time: 45 minutes
Cook Time: 0 minutes
Total Time: 45 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: #4 disher smoothie (1 cup), 1 oz granola
Meal Pattern Contribution: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Yogurt, vanilla, reduced sugar, 64 oz		1 bag		4 bags
Cherries, USDA, sweet, frozen, no sugar added, undrained	3 lb 14 oz		15 lb 8 oz	
Lime juice, bottled		3/4 c + 2 Tbsp		3 1/2 c
Granola, whole grain	14 oz		3 lb 8 oz	

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Place yogurt, frozen cherries, and lime juice in a 5-gallon bucket. Using an immersion blender, blend until pureed and smooth. Taste test smoothie. If texture is not smooth, continue to blend.
2. Using a #4 disher or 2 #8 dishers, portion 1 cup into 10 oz bowls.
3. Place in freezer until time of service. Do not freeze day before service.

CCP: Hold at 41° F or below.

CCP: No bare hand contact with ready to eat food.

4. Shortly before service, top with 1 ounce granola by weight. Serve one bowl to each student.

CCP: Hold and serve at 41° F or below.

CHERRY LIME SMOOTHIE BOWL

NUTRITION INFORMATION

Serving Size	1 bowl
NUTRIENTS	AMOUNT
Calories	270
Total Fat	2.5 g
Saturated Fat	.5 g
Cholesterol	5 mg
Sodium	115 mg
Total Carbohydrate	56 g
Dietary Fiber	6 g
Total Sugars	37 g
Added Sugars	6 g
Protein	8 g
Vitamin D	2.3 mcg
Calcium	130 mg
Iron	.8 mg
Potassium	240 mg

N/A=data not available.

ALLERGENS: Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



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STEP-BY-STEP



Place yogurt, frozen cherries, and lime juice in a 5-gallon bucket.



Use an immersion blender to blend until smooth.



Using a #4 disher or 2 - #8 dishers, portion 1 cup into 10 oz bowls. Place in freezer until time of service.



Top with 1 ounce granola by weight.



CHUNKY MONKEY SMOOTHIE

Cooking Process: #1 No Cook
Prep Time: 50 minutes
Cook Time:
Total Time: 50 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size 10 fluid ounces
Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Banana, ripe, frozen, EP	2 lb		8 lb	
Banana, ripe, fresh, EP	2 lb		8 lb	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Cocoa powder		1 cup		1 qt
Vanilla extract (optional)		2 tsp		1 Tbsp + 1 tsp
Milk, skim or low-fat		1 qt		1 gal

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.

CCP: No bare hand contact with ready to eat food.

2. Place yogurt, fresh bananas, frozen bananas, cocoa powder, vanilla extract, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
3. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.

CCP: Hold and serve at 41° F or below.

CHUNKY MONKEY SMOOTHIE

NUTRITION INFORMATION

Serving Size	10 fluid ounces
NUTRIENTS	AMOUNT
Calories	215
Total Fat	2 g
Saturated Fat	5 g
Cholesterol	5 mg
Sodium	100 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Total Sugars	26 g
Added Sugars	5 g
Protein	8 g
Vitamin D	2.7 mcg
Calcium	190 mg
Iron	1.1 mg
Potassium	978 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
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STEP-BY-STEP



Freeze bananas at least one day prior to service. Peel bananas and lay on a lined sheet pan in a single layer.



Place yogurt, fresh bananas, frozen bananas, cocoa powder, vanilla extract, and milk in a 5-gallon bucket.



Use an immersion blender to blend until smooth.



Pour 10 fl oz smoothies into 12 fl oz cups.



GO GREEN SMOOTHIE

Cooking Process: #1 No Cook
Prep Time: 50 minutes
Cook Time:
Total Time: 50 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 10 fluid ounces
Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Pears, diced, canned, in juice, drained	2 lb 3 oz	~1/2 #10 can	8 lb 12 oz	~ 2 1/8 #10 can
Banana, ripe, frozen, EP	2 lb		8 lb	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Spinach, raw	2.4 oz		9.6 oz	
Milk, skim or low-fat		1 qt		1 gal

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Refrigerate pears night before service.
2. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.

CCP: No bare hand contact with ready to eat food.

3. Place yogurt, canned pears, frozen bananas, spinach, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
4. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.

CCP: Hold and serve at 41° F or below.

GO GREEN SMOOTHIE

NUTRITION INFORMATION

Serving Size	10 fluid ounces
NUTRIENTS	AMOUNT
Calories	185
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	105 mg
Total Carbohydrate	38 g
Dietary Fiber	3 g
Total Sugars	25 g
Added Sugars	8 g
Protein	7 g
Vitamin D	2.7 mcg
Calcium	190 mg
Iron	0.3 mg
Potassium	550 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Freeze bananas at least one day prior to service. Peel bananas and lay on a lined sheet pan in a single layer.



Place yogurt, canned pears, frozen bananas, spinach, and milk in a 5-gallon bucket.



Use an immersion blender to blend until smooth.



Pour 10 fl oz smoothies into 12 fl oz cups.



MINT CHOCOLATE CHIP SMOOTHIE

Cooking Process: #1 No Cook
Prep Time: 50 minutes
Cook Time:
Total Time: 50 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 10 fluid ounces
Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Banana, ripe, frozen, EP	2 lb		8 lb	
Bananas, ripe, fresh, EP	2 lb		8 lb	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Chocolate chips, semi-sweet	4 oz		1 lb	
Spinach, fresh	2.4 oz		9.6 oz	
Peppermint extract		3/4 tsp		1 Tbsp
Milk, skim or low-fat		1 qt		1 gal

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.

CCP: No bare hand contact with ready to eat food.

2. Place yogurt, fresh bananas, frozen bananas, chocolate chips, spinach, peppermint extract, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
3. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.

CCP: Hold and serve at 41° F or below.

MINT CHOCOLATE CHIP SMOOTHIE

NUTRITION INFORMATION

Serving Size	10 fluid ounces
NUTRIENTS	AMOUNT
Calories	240
Total Fat	3.5 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrate	48 g
Dietary Fiber	3 g
Total Sugars	30 g
Added Sugars	9 g
Protein	8 g
Vitamin D	2.8 mcg
Calcium	170 mg
Iron	0.4 mg
Potassium	710 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Freeze bananas at least one day prior to service. Peel bananas and lay on a lined sheet pan in a single layer.



Place yogurt, fresh bananas, frozen bananas, chocolate chips, spinach, peppermint extract and milk in a 5 gallon bucket.



Use an immersion blender to blend until smooth.



Pour 10 fl oz smoothies into 12 fl oz cups.



PEACHY KING SMOOTHIE

Cooking Process: #1 No Cook
Prep Time: 50 minutes
Cook Time:
Total Time: 50 minutes

Recipe Categories Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 10 fluid ounces
Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Peaches, canned, in juice, drained	3 lb		12 lb	
Bananas, frozen, EP	2 lb		8 lb	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Milk, skim or low-fat		1 qt		1 gal

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Refrigerate peaches night before service.
2. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.

CCP: No bare hand contact with ready to eat food.

3. Place yogurt, canned peaches, frozen bananas, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
4. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.

CCP: Hold and serve at 41° F or below.

PEACHY KING SMOOTHIE

NUTRITION INFORMATION

Serving Size	10 fluid ounces
NUTRIENTS	AMOUNT
Calories	195
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	105 mg
Total Carbohydrate	40 g
Dietary Fiber	1 g
Total Sugars	27 g
Added Sugars	5 g
Protein	7 g
Vitamin D	2.7 mcg
Calcium	180 mg
Iron	2 mg
Potassium	650 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



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STEP-BY-STEP



Peel bananas. Freeze bananas at least one day prior to service. Peel bananas and lay on a lined sheet pan in a single layer.



Place yogurt, canned peaches, frozen bananas, and milk in a 5-gallon bucket.



Use an immersion blender to blend until smooth.



Pour 10 fl oz smoothies into 12 fl oz cups.

NOTES

OVERNIGHT OATS





APPLE PIE OVERNIGHT OATS

Cooking Process: #1 No Cook

Prep Time: 30 minutes

Cook Time:

Total Time: 30 minutes

Recipe Categories:

Breakfast, Grab n' Go, Speed Scratch

K-12 Portion Size:

1 cup

Meal Pattern Contribution:

1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Applesauce, unsweetened		2 qt		1 gal
Cinnamon, ground		1 Tbsp		1/4 cup
Oats, old fashioned	1 lb		4 lb	

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Combine yogurt, applesauce, and cinnamon in a large bowl, pan, or container. Stir to mix thoroughly. Add oats, and stir again to combine. Cover and refrigerate several hours or overnight.

CCP: No bare hand contact with ready to eat food.

2. Using a #4 disher or 2 - #8 dishers, place 1 cup of oat mixture into 9 ounce cups.

CCP: Hold and serve at 41° F or below.

APPLE PIE OVERNIGHT OATS

NUTRITION INFORMATION

Serving Size	1 cup
NUTRIENTS	AMOUNT
Calories	250
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	67 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Total Sugars	24 g
Added Sugars	5 g
Protein	9 g
Vitamin D	2 mcg
Calcium	128 mg
Iron	1.4 mg
Potassium	430 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



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STEP-BY-STEP



Combine yogurt, applesauce, and cinnamon in a large bowl, pan, or container.



Stir to mix thoroughly.



Add oats and stir again to combine.



Cover and refrigerate several hours or overnight.



Use a #4 disher or 2 - #8 dishers to portion 1 cup of oat mixture into 9 fl oz cups.



PEANUT BUTTER CHOCOLATE OVERNIGHT OATS

Cooking Process: #1 No Cook
Prep Time: 30 minutes
Cook Time:
Total Time: 30 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: #6 disher overnight oats + 1/2 c strawberries
Meal Pattern Contribution: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Strawberries, USDA, frozen, sliced, unsweetened		1 gal		2 gal
Oats, old fashioned	2 lb		4 lb	
Milk, skim or low-fat		1/2 gal		1 gal
Yogurt, vanilla, low-fat, reduced sugar	4 lb		8 lb	
Nut or seed butter		2 c		1 qt
Cocoa powder		1 c		2 c
Sugar, brown, packed		3/4 c		1 1/2 c
Vanilla extract (optional)		1/4 tsp		1/2 tsp
Chocolate chips, semisweet, mini		1/4 c + 1 Tbsp + 1 tsp		1/2 c + 2 Tbsp + 2 tsp

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. **Day before service**, place strawberries in a colander or perforated pan set over a solid pan to drain. Cover to store.

CCP: No bare hand contact with ready to eat food.

2. Combine oats, milk, yogurt, nut or seed butter, cocoa powder, brown sugar, and optional vanilla extract in a large bowl, pan, or container. Stir to mix thoroughly. Cover and refrigerate several hours or overnight.

CCP: No bare hand contact with ready to eat food.

3. Using a #16 disher, place 1/4 cup thawed drained strawberries in a 12 ounce cup. Top with a #6 disher of overnight oats and another #16 disher of strawberries. Sprinkle with 1/2 tsp chocolate chips.

CCP: Hold and serve at 41° F or below.

PEANUT BUTTER CHOCOLATE OVERNIGHT OATS

NUTRITION INFORMATION

Serving Size	1 cup
NUTRIENTS	AMOUNT
Calories	350
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	5 mg
Sodium	140 mg
Total Carbohydrate	52 g
Dietary Fiber	7 g
Total Sugars	21 g
Added Sugars	10 g
Protein	14 g
Vitamin D	1 mcg
Calcium	180 mg
Iron	2.9 mg
Potassium	610 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Day before service, place strawberries in a colander or perforated pan to drain.



In another pan/ container, combine all remaining ingredients except chocolate chips.



Mix thoroughly. Cover and refrigerate overnight.



In each 12 fl oz cup layer:

- #16 disher drained strawberries
- #6 disher overnight oats
- #16 disher of drained strawberries
- 1/2 tsp chocolate chips.



VERY BERRY OVERNIGHT OATS

Cooking Process: #1 No Cook
Prep Time: 30 minutes
Cook Time:
Total Time: 30 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 1 cup
Meal Pattern Contribution: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Milk, skim or low-fat		1 qt		1 gal
Blueberries, frozen, wild, USDA foods		2 qt		2 gal
Oats, old fashioned	1 lb		4 lb	
Blueberries, frozen, wild, USDA food (optional as a garnish)		1 cup		1 qt

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Combine all ingredients in a large bowl, pan, or container. Stir to mix thoroughly. Cover and refrigerate several hours or overnight.

CCP: No bare hand contact with ready to eat food.

2. Using a #4 disher or 2 - #8 dishers, place 1 cup of oat mixture into 9 ounce cups.
 3. Top with 1 Tbsp of frozen blueberries as a garnish. Serve one cup to each student.

CCP: Hold and serve at 41° F or below.

VERY BERRY OVERNIGHT OATS

NUTRITION INFORMATION

Serving Size	1 parfait
NUTRIENTS	AMOUNT
Calories	260
Total Fat	3 g
Saturated Fat	0.5 g
Cholesterol	5 mg
Sodium	95 mg
Total Carbohydrate	47 g
Dietary Fiber	6 g
Total Sugars	18 g
Added Sugars	5 g
Protein	11 g
Vitamin D	2.0 mcg
Calcium	190 mg
Iron	1.4 mg
Potassium	400 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Combine all ingredients in a large bowl, pan, or container.



Stir to mix thoroughly.



Cover and refrigerate several hours or overnight.



Use a #4 disher or 2 - #8 dishers to portion 1 cup of oat mixture into 9 fl oz cups.



Top with 1 Tbsp of frozen blueberries as a garnish.

NOTES

DIPS & SAUCES





BENTO BOX WITH NUTTY YOGURT DIP

Cooking Process: #1 No Cook
Prep Time: 30 minutes
Cook Time:
Total Time: 30 minutes

Recipe Categories
K-12 Portion Size:
Meal Pattern Contribution:

Breakfast, Grab n' Go, Speed Scratch
 #10 disher nutty yogurt dip,
 1/2 cup strawberries, 4 graham crackers
 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	20 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Yogurt, Greek, vanilla, low-fat	4 lb		20 lb	
Nut or seed butter		1 c		1 qt + 1 c
Strawberries, fresh, AP	1 lb 13 oz		9 lb 1 oz	
Graham crackers, WG, 1 oz eq	5 lb	80 each	25 lb	400 each

DIRECTIONS

- CCP: No bare hand contact with ready to eat food.**
- 1. Prepare nutty yogurt dip.** In a large bowl or mixer bowl with the whisk attachment, combine yogurt and nut butter. Mix until light and fluffy.
CCP: Hold at 41° F or below.
CCP: No bare hand contact with ready to eat food.
 - Wash strawberries and allow to air dry. Remove stems and slice into quarters.
 - Assemble bento boxes with a #10 disher of nutty yogurt dip, 1/2 cup strawberries, and 4 graham crackers. Serve one box per student.
CCP: Hold and serve at 41° F or below.

BENTO BOX WITH NUTTY YOGURT DIP

NUTRITION INFORMATION

Serving Size	1 box
NUTRIENTS	AMOUNT
Calories	245
Total Fat	19 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	35 g
Dietary Fiber	3 g
Total Sugars	15 g
Added Sugars	9 g
Protein	7 g
Vitamin D	1.6 mcg
Calcium	100 mg
Iron	1.1 mg
Potassium	330 mg
N/A=data not available.	

ALLERGENS: Milk, Peanuts, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



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STEP-BY-STEP



Prepare nutty yogurt dip. In a large bowl or mixer bowl with the whisk attachment, combine yogurt and nut butter. Mix until light and fluffy.



Wash strawberries and allow to air dry.



Remove stems and slice into quarters.



Assemble bento boxes

- #10 disher of nutty yogurt dip
- 1/2 cup strawberries
- 4 graham crackers

Serve one box per student.



HONEY MUSTARD YOGURT SAUCE

Cooking Process: #1 No Cook
Prep Time: 10 minutes
Cook Time: 0 minutes
Total Time: 10 minutes

Recipe Categories: Breakfast, Lunch, Grab n' Go, Speed Scratch
K-12 Portion Size: #24 disher
Meal Pattern Contribution: .25 oz eq m/ma

INGREDIENTS	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Yogurt, Greek, plain, non-fat		1 qt		2 qt
Honey		1 c		2 c
Mustard, yellow		1 c		2 c
Vinegar, apple cider		2 1/2 Tbsp		1/4 c + 1 Tbsp
Pepper, black		1/2 tsp		1 tsp
Salt		1/4 tsp		1/2 tsp

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

- Using a whisk, thoroughly combine all ingredients in a large bowl or container.
- Using a #24 disher, pre-portion honey mustard into 2 ounce cups for service.

CCP: Hold and serve at 41° F or below.

HONEY MUSTARD YOGURT SAUCE

NUTRITION INFORMATION

Serving Size	#24 disher
NUTRIENTS	AMOUNT
Calories	50
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	115 mg
Total Carbohydrate	10 g
Dietary Fiber	0 g
Total Sugars	10 g
Added Sugars	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	37 mg
Iron	0.2 mg
Potassium	60 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Whisk all ingredients in a large bowl or container.



To make Hot Honey Mustard Yogurt Sauce, add cayenne and stir until combine.



Using a #24 disher, preportion honey mustard into 2 ounce cups for service. Serve with breakfast grilled cheese.



PEACHES N' CREAM DIP

Cooking Process: #1 No Cook
Prep Time: 15 minutes
Cook Time:
Total Time: 15 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: #12 disher
Meal Pattern Contribution: 5 oz eq m/ma, 1/4 cup fruit

INGREDIENTS	64 Servings		128 Servings	
	Weight	Measure	Weight	Measure
Cream cheese, low-fat	2 lb		4 lb	
Yogurt, Greek, vanilla, low-fat	8 lb		16 lb	
Peaches, sliced, canned, in juice, drained		#10 can		2 - #10 cans

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Allow cream cheese to soften at room temperature for about 30 minutes.
2. Place cream cheese, yogurt, and peaches in a large bowl, pan, or container.
Using an immersion blender, blend until fairly smooth.
3. Using a #12 disher, serve 1/3 cup to each student alongside waffles, pancakes, bagels or other breakfast grain.

CCP: Hold and serve at 41° F or below.

PEACHES N' CREAM DIP

NUTRITION INFORMATION

Serving Size	#12 disher
NUTRIENTS	AMOUNT
Calories	90
Total Fat	2.5 g
Saturated Fat	1.5 g
Cholesterol	11 mg
Sodium	69 mg
Total Carbohydrate	10 g
Dietary Fiber	<1 g
Total Sugars	8 g
Added Sugars	8 g
Protein	6 g
Vitamin D	0 mcg
Calcium	80 mg
Iron	0 mg
Potassium	130 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Place cream cheese, yogurt, and canned peaches in a 5 gallon bucket.



Use an immersion blender to blend until fairly smooth.



Use a #12 disher to portion 1/3 cup into 4 or 5oz portion cups. Serve alongside waffles, pancakes, bagels, or other breakfast grains.



TAJIN YOGURT SAUCE

Cooking Process: #1 No Cook
Prep Time: 10 minutes
Cook Time: 0 minutes
Total Time: 10 minutes

Recipe Categories: Breakfast, Lunch, Grab n' Go, Speed Scratch
K-12 Portion Size: #30 disher
Meal Pattern Contribution: 25 m/ma

INGREDIENTS	30 Servings		60 Servings	
	Weight	Measure	Weight	Measure
Yogurt, Greek, plain , non-fat		1 qt		2 qt
Oil, canola		1/4 c		1/2 c
Lime juice		3 Tbsp		1/4 c + 2 Tbsp
Tajin, reduced sodium		3 Tbsp		1/4 c + 2 Tbsp
Sugar, granulated		1 Tbsp		2 Tbsp
Garlic, granulated		2 tsp		1 Tbsp + 1 tsp
Paprika		2 tsp		1 Tbsp + 1 tsp

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Using a whisk, thoroughly combine all ingredients in a large bowl or container.
2. Using a #30 disher, pre-portion tajin yogurt sauce into 2 ounce cups for service.

CCP: Hold and serve at 41° F or below.

TAJIN YOGURT SAUCE

NUTRITION INFORMATION

Serving Size	#30 disher
NUTRIENTS	AMOUNT
Calories	30
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	146 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	32 mg
Iron	0 mg
Potassium	102 mg
N/A=data not available.	

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Add all ingredients to large bowl or container.



Whisk to combine.



Using a #30 disher, preportion into 2 oz cups. Serve with breakfast nachos and bowl.

NOTES

ENTREES





APPLE NACHOS

Cooking Process: #1 No Cook
Prep Time: 10 minutes
Cook Time:
Total Time: 10 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 1/2 cup apples + 1/2 cup yogurt + 1 ounce granola
Meal Pattern Contribution: 6-12: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Nut or seed butter		1/3 c		1 1/3 c
Apples, sliced		2 qt		2 gal
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Granola, WG, reduced sugar	1 lb		4 lb	
Chocolate chips, semisweet, mini		1/3 c		1 1/3 c

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Warm nut or seed butter until pourable.
2. Arrange 1/2 cup apple slices in a boat.
3. Top with 1/2 cup yogurt.
4. Top with 1 ounce granola, 1 tsp nut or seed butter (optional), and 1 tsp chocolate chips.

CCP: Hold and serve at 41° F or below.

APPLE NACHOS

NUTRITION INFORMATION

Serving Size	1 each (1/4 cup yogurt)
NUTRIENTS	AMOUNT
Calories	260
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	155 mg
Total Carbohydrate	46 g
Dietary Fiber	6 g
Total Sugars	21 g
Added Sugars	11 g
Protein	8 g
Vitamin D	2 mcg
Calcium	106 mg
Iron	1.1 mg
Potassium	277 mg
N/A=data not available.	

ALLERGENS: Milk, Peanuts, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP

	Warm nut or seed butter until pourable (optional).
	Arrange 1/2 cup apple slices in a boat.
	Top with 1/2 cup yogurt.
	1 ounce granola by weight.
	1 tsp nut or seed butter (optional).
	1 tsp chocolate chips.



BREAKFAST BOWL WITH TAJIN YOGURT SAUCE

Cooking Process: #2 Same Day Service

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Recipe Categories:

K-12 Portion Size:

Breakfast, Speed Scratch

1/2 cup potatoes + 2 Tbsp black beans
+ 1/4 cup scrambled eggs

Optional .5 oz shredded cheese, 2 Tbsp salsa,
2 Tbsp Tajin yogurt sauce

Meal Pattern Contribution: 2.75 oz eq m/ma (with cheese and Tajin yogurt
sauce), 1/2 cup starchy vegetable, 1/8 cup red/
orange vegetable (with salsa)

INGREDIENTS	72 Servings		144 Servings	
	Weight	Measure	Weight	Measure
Potato wedges, USDA or equivalent, low-sodium, frozen	12 lb		24 lb	
Eggs, scrambled, pre-cooked	9 lb 8 oz		19 lb	
Beans, black, low-sodium		#10 can		2 -#10 cans
Salsa, low sodium		2 c		1 qt
Chili powder		1 Tbsp		2 Tbsp
Cumin		1 Tbsp		2 Tbsp
Vinegar, apple cider		2 Tbsp		1/4 c
Cheese, shredded, low-fat, cheddar	2 lb 4 oz		4 lb 8 oz	
Salsa, low-sodium		2 qt + 1 c		1 gal + 2 c
Tajin Yogurt Sauce (see recipe)		2 qt + 1 c		1 gal + 2 c

DIRECTIONS

1. **Prepare potatoes** according to manufacturer's directions.

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: Hold and serve at 135° F or higher.

2. **Prepare eggs** according to manufacturer's directions. Defrost eggs the day before service if instructed.

CCP: Heat to 155° F or above for at least 15 seconds.

(Continued)

BREAKFAST BOWL WITH TAJIN YOGURT SAUCE

DIRECTIONS

(Continued)

CCP: Hold and serve at 135° F or higher.

3. **Prepare beans.** Preheat convection oven 425° F. Drain beans, but do not rinse. Add a #10 can black beans, 2 cups salsa, 1 Tbsp chili powder, 1 Tbsp cumin, and 2 Tbsp apple cider vinegar to each 2" deep steam table pan sprayed with pan release. Warm in oven covered until heated through, ~18-20 minutes.

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: Hold and serve at 135° F or higher.

CCP: No bare hand contact with ready to eat food.

4. **Assemble bowls.** Place 3 oz (1/2 cup) potatoes in a serving bowl or on tray. Top with a #30 disher of black beans and a #16 disher of scrambled eggs.

5. Offer .5 oz shredded cheddar cheese, 2 Tbsp Tajin yogurt sauce as condiments.

NUTRITION INFORMATION

Serving Size 1 Bowl with
Tajin Yogurt
Sauce

NUTRIENTS **AMOUNT**

Calories 300

Total Fat 15 g

Saturated Fat 6 g

Cholesterol 217 mg

Sodium 799 mg

Total Carbohydrate 26 g

Dietary Fiber 4 g

Total Sugars 4 g

Added Sugars 0 g

Protein 14 g

Vitamin D 2.5 mcg

Calcium 60 mg

Iron 0 mg

Potassium 170 mg

N/A=data not available.

ALLERGENS: Milk, Eggs

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

STEP-BY-STEP



Prepare eggs and potatoes according to manufacturer's directions. Defrost eggs the day before service if instructed.



Add a #10 can drained (but unrinsed) black beans, salsa, chili powder, cumin, and apple cider vinegar to a 2" steamtable pan sprayed with pan release. Cover and heat at 425°F for ~18-20 minutes.



Place 1/2 cup potatoes in a paper boat. Sprinkle with a #30 disher of black beans and then top with a #16 disher of scrambled eggs.



Offer .5 oz shredded cheddar cheese, 2 Tbsp salsa, and 2 Tbsp Tajin yogurt sauce.



BREAKFAST FRUIT CRISP W/ VANILLA YOGURT

Cooking Process: #2 Same Day Service

Prep Time: 20 minutes

Cook Time: 40 minutes

Total Time: 1 hour

Recipe Categories:

K-12 Portion Size:

Meal Pattern Contribution: 1.5 oz eq WGR grain, .5 oz eq m/ma, 1/2 cup fruit

Breakfast, Speed Scratch

#6 disher crisp + #16 disher yogurt

INGREDIENTS	18 Servings		36 Servings	
	Weight	Measure	Weight	Measure
Strawberry Filling				
Strawberries, USDA, frozen, sliced, unsweetened	5 lb		10 lb	
Cornstarch		1/2 c		1 c
Sugar, brown		1/2 c		1 c
Vanilla extract		1 Tbsp		2 Tbsp
Crisp Topping				
Butter, unsalted		1 c		2 c
Flour, white whole wheat		1 1/3 c		2 2/3 c
Oats, old fashioned	12 oz		1 lb 8 oz	
Sugar, brown		1/4 c		1/2 c
Salt		3/4 tsp		1 1/2 tsp
Yogurt, vanilla, reduced sugar		1 qt + 1/2 c		2 qt + 1 c

DIRECTIONS

1. **Day before service**, thaw strawberries overnight. Do not drain.

CCP: Hold at 41° F or below.

2. Preheat convection oven to 350° F.

3. Spray 2" full size steam table pans with pan release. One pan holds 18 servings.

4. **Make strawberry filling.** Add 5 lb strawberries with juice to each prepared pan. Sprinkle 1/2 cup cornstarch, 1/2 cup brown sugar, and 1 Tbsp vanilla extract over each pan and toss to combine.

5. **Make crisp topping.** Melt butter and add to a large bowl. Add flour, oats, and brown sugar to butter. Mix well until butter combines with ingredients.

BREAKFAST FRUIT CRISP W/ VANILLA YOGURT

DIRECTIONS

Continued from previous page

6. Sprinkle 1 quart (1 lb 12 oz) topping evenly over each pan.

7. Bake for 35-40 minutes or until golden brown. Strawberry juice should thicken and bubble around the edges and center. Internal temperature will be at least 175° F

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: No bare hand contact with ready to eat food.

8. Using a #6 disher, serve 2/3 cup crisp with a #16 disher of yogurt.

CCP: Hold and serve at 135° F or higher.

NUTRITION INFORMATION

Serving Size	#6 disher crisp + #16 disher yogurt
NUTRIENTS	AMOUNT
Calories	340
Total Fat	12 g
Saturated Fat	7 g
Cholesterol	29 mg
Sodium	207 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Total Sugars	20 g
Added Sugars	12 g
Protein	6 g
Vitamin D	1.1 mcg
Calcium	89 mg
Iron	1.8 mg
Potassium	379 mg
N/A=data not available.	

ALLERGENS: Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Thaw strawberries overnight. Do not drain.



Preheat convection oven to 350°F. Spray 2" full-size steam table pans with pan release.



Add 5 lb strawberries with juice to each pan. Sprinkle ½ cup cornstarch, ½ cup brown sugar, and 1 Tbsp vanilla over each. Combine.



Melt butter in large bowl.



Add flour, oats, and brown sugar. Mix until combined



Sprinkle 1 qt (1 lb 12 oz) topping evenly over each pan.



Bake ~35-40 minutes until golden and bubbling. Serve a #6 disher of crisp with a #16 disher of yogurt.



BREAKFAST MAC & CHEESE

Cooking Process: #2 Same Day Service

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Recipe Categories:

Breakfast, Speed Scratch

K-12 Portion Size:

#10 disher

Meal Pattern Contribution: .25 oz eq WGR grain, 2.25 oz eq m/ma

INGREDIENTS	36 Servings		72 Servings	
	Weight	Measure	Weight	Measure
Macaroni and cheese, reduced fat, reduced sodium, WG, 5 lb bag	5 lb		10 lb	
Eggs, scrambled, pre-cooked	3 lb 6 oz		6 lb 12 oz	
Bacon bits, turkey, pre-cooked		3/4 cup		1 1/2 cups

DIRECTIONS

1. Prepare macaroni and cheese and eggs according to manufacturer's directions.
Defrost macaroni and cheese and eggs the day before service if instructed.

CCP: No bare hand contact with ready to eat food.

2. Combine macaroni and cheese, eggs, and bacon bits. Transfer to 2" steamtable pans for service.

CCP: Hold and serve at 135° F or higher.

CCP: No bare hand contact with ready to eat food.

3. Serve a packed #10 disher to each student.

BREAKFAST MAC & CHEESE

NUTRITION INFORMATION

Serving Size	#10 disher
NUTRIENTS	AMOUNT
Calories	180
Total Fat	4.5 g
Saturated Fat	4 g
Cholesterol	160 mg
Sodium	500 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Protein	12 g
Vitamin D	1.7 mcg
Calcium	180 mg
Iron	9 mg
Potassium	330 mg
N/A=data not available.	

ALLERGENS: Eggs, Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



STEP-BY-STEP



Prepare macaroni and cheese and eggs according to manufacturer's directions. Defrost macaroni and cheese and eggs the day before service if instructed.



Combine macaroni and cheese, eggs, and bacon bits.



Transfer to 2" steamtable pans for service.



Serve a packed #10 disher to each student.



BREAKFAST NACHOS W/ TAJIN YOGURT SAUCE

Cooking Process: #2 Same Day Service

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Recipe Categories:

K-12 Portion Size:

Breakfast, Speed Scratch

1 oz tortilla chips + 2 Tbsp black beans
+ 1/4 cup scrambled eggs

Optional .5 oz shredded cheese, 2 Tbsp salsa,
2 Tbsp Tajin yogurt sauce

Meal Pattern Contribution: 1 oz eq WGR grain, 2.75 oz eq m/ma (with cheese
and Tajin yogurt sauce), 1/8 cup red/orange
vegetable (with salsa)

INGREDIENTS	72 Servings		144 Servings	
	Weight	Measure	Weight	Measure
Eggs, scrambled, pre-cooked	9 lb 8 oz		19 lb	
Beans, black, low-sodium		#10 can		2 - #10 cans
Salsa, low sodium		2 c		1 qt
Chili powder		1 Tbsp		2 Tbsp
Cumin		1 Tbsp		2 Tbsp
Vinegar, apple cider		2 Tbsp		1/4 c
Chips, tortilla, whole grain rich	4 lb 8 oz		9 lb	
Cheese, shredded, low-fat, cheddar	2 lb 4 oz		4 lb 8 oz	
Salsa, low-sodium		2 qt + 1 c		1 gal + 2 c
Tajin Yogurt Sauce (see recipe)		2 qt + 1 c		1 gal + 2 c

DIRECTIONS

1. **Prepare eggs** according to manufacturer's directions. Defrost eggs the day before service if instructed.

CCP: Heat to 155° F or above for at least 15 seconds.

CCP: Hold and serve at 135° F or higher.

2. **Prepare beans.** Preheat convection oven 425° F. Drain beans, **but do not rinse**. Add a #10 can black beans, 2 cups salsa, 1 Tbsp chili powder, 1 Tbsp cumin, and 2 Tbsp apple cider vinegar to each 2" deep steam table pan sprayed with pan release. Warm in oven covered until heated through, ~18-20 minutes.

(Continued)

BREAKFAST NACHOS W/ TAJIN YOGURT SAUCE

DIRECTIONS

(Continued)

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: Hold and serve at 135° F or higher.

CCP: No bare hand contact with ready to eat food.

- 3 **Assemble bowls.** Layer 1 oz chips in boat, a #30 disher of black beans, and a #16 disher of scrambled eggs.
- 4 Offer .5 oz shredded cheddar cheese, 2 Tbsp salsa, and 2 Tbsp Tajin yogurt sauce as condiments.

NUTRITION INFORMATION

Serving Size	1 bowl with Tajin Yogurt Sauce
NUTRIENTS	AMOUNT
Calories	355
Total Fat	10 g
Saturated Fat	405 g
Cholesterol	210 mg
Sodium	690 mg
Total Carbohydrate	33 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars	0 g
Protein	17 g
Vitamin D	2.5 mcg
Calcium	90 mg
Iron	1.2 mg
Potassium	330 mg
N/A=data not available.	

ALLERGENS: Milk, Eggs

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

STEP-BY-STEP



Prepare eggs according to manufacturer's directions. Defrost eggs the day before service if instructed.



Add a #10 can drained (but unrinsed) black beans, salsa, chili powder, cumin, and apple cider vinegar to a 2" steamtable pan sprayed with pan release. Cover and heat at 425°F for ~18-20 minutes.



Place 1 oz chips in a paper boat. Sprinkle with a #30 disher of black beans and then top with a #16 disher of scrambled eggs.



Offer .5 oz shredded cheddar cheese, 2 Tbsp salsa, and 2 Tbsp Tajin yogurt sauce.



BROCCOLI, EGG, AND CHEESE PIZZA

Cooking Process: #2 Same Day Service

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Recipe Categories:

Breakfast, Grab n' Go, Speed Scratch

K-12 Portion Size:

1/10 pizza

Meal Pattern Contribution: 1.75 oz eq WGR grain, 1 oz eq m/ma

INGREDIENTS	20 Servings		100 Servings	
	Weight	Measure	Weight	Measure
16" pizza dough, oven rising or parbaked, WGR		2 each		10 each
Broccoli, fresh, florets, trimmed	4 oz	~1 cup, chopped 1/2"	1 lb 4 oz	~5 cups, chopped 1/2"
Cheese, cheddar, low-fat, shredded	10 oz		3 lb 2 oz	
Eggs, scrambled, pre-cooked	10 oz		3 lb 2 oz	
Ham, turkey, water added, cooked, diced	5 oz		1 lb 9 oz	

DIRECTIONS

1. Day before service, blanch broccoli. Place broccoli in a 2" deep perforated pan. Steam for ~1 minute or until bright green. Immediately remove and place in refrigerator.

CCP: Hold at 41° F or below.

2. Preheat convection oven to 425° F.
3. Chop broccoli into roughly 1/2" pieces.
4. Combine broccoli, cheese, eggs, and ham.
5. Top each crust with 2 1/2 cups toppings. Spread evenly across pizza.
6. Bake for 8-10 minutes or until crust is golden and cheese is melted.

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: Hold and serve at 135° F or higher.

CCP: No bare hand contact with ready to eat food.

7. Slice each pizza into 10 slices. Serve one slice to each student.

BROCCOLI, EGG, AND CHEESE PIZZA

NUTRITION INFORMATION

Serving Size	1 slice
NUTRIENTS	AMOUNT
Calories	215
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	70 mg
Sodium	420 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	<1 g
Protein	10 g
Vitamin D	0.6 mcg
Calcium	10 mg
Iron	1.3 mg
Potassium	140 mg
N/A=data not available.	

ALLERGENS: Eggs, Milk, Wheat, Soy

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Place broccoli in a 2" deep perforated pan. Steam ~1 minute or until bright green. Immediately remove and place in refrigerator.



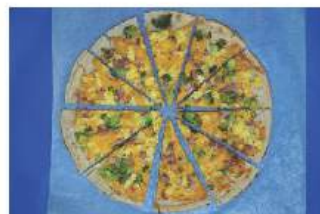
Chop broccoli into roughly 1/2" pieces.



Combine broccoli, cheese, eggs, and ham.



Top each crust with 2 1/2 cups toppings. Spread evenly across pizza. Bake at 400°F for ~8-10 minutes.



Slice into 10 pieces.



Serve one slice to each student.



CHICKEN & WAFFLES W/ HONEY MUSTARD YOGURT SAUCE

Cooking Process: #2 Same Day Service

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Recipe Categories:

K-12 Portion Size:

Meal Pattern Contribution: 1.5 oz eq WGR grain, 1.25 oz eq m/ma

Breakfast, Grab n' Go, Heat & Serve

1 oz eq waffle, 1 oz eq m/ma chicken tender,
#24 disher honey (or hot honey) yogurt sauce

INGREDIENTS	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Chicken tenders, whole muscle recommended, WG breading		32 each (1 oz eq m/ma)		64 each (1 oz eq m/ma)
Waffles, whole grain, 1 oz eq grain		32 each (1 oz eq WGR grain)		64 each (1 oz eq WGR grain)
Honey (or Hot Honey) Mustard Yogurt Sauce (see recipe)		32 (#24 disher) servings		64 (#24 disher) servings

DIRECTIONS

1. Prepare tenders according to manufacturer's directions.

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: No bare hand contact with ready to eat food.

2. Prepare waffles according to manufacturer's directions

CCP: No bare hand contact with ready to eat food.

3. Serve one waffle, one chicken tender, and a #24 disher of honey (or hot honey) mustard yogurt sauce. For grab n' go, chicken tender can be placed in waffle and folded like a taco.

CCP: Hold and serve at 135° F or higher. (Chicken)

CHICKEN & WAFFLES W/ HONEY MUSTARD YOGURT SAUCE

NUTRITION INFORMATION

Serving Size	1 serving w/ #24 disher Honey Mustard Yogurt Sauce
NUTRIENTS	AMOUNT
Calories	215
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	28 mg
Sodium	358 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	2 g
Protein	13 g
Vitamin D	0 mcg
Calcium	77 mg
Iron	1.6 mg
Potassium	447 mg

N/A=data not available.

ALLERGENS: Milk, Wheat, Soy, Eggs

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Make Honey Mustard Yogurt Sauce. Whisk all ingredients in a large bowl or container.



To make Hot Honey Mustard Yogurt Sauce add cayenne. Stir until combine.



Using a #24 disher, preportion honey mustard into 2 ounce cups.



Serve one waffle, one chicken tender, and a #24 disher of honey (or hot honey) mustard yogurt sauce.



For grab n' go, chicken tender can be placed in waffle and folded like a taco.



SOUTHWEST FRITTATA

Cooking Process: #2 Same Day Service

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Recipe Categories: Breakfast, Speed Scratch

K-12 Portion Size: 1 (6x8) piece

Meal Pattern Contribution: 1.25 oz eq m/ma

INGREDIENTS	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Corn, frozen		1 c		2 c
Eggs, frozen, liquid	3 lb		6 lb	
Beans, black, canned, low-sodium		1 3/4 c		3 1/2 c
Bell pepper, green, 1/2" diced		1/2 c		1 c
Yogurt, Greek, plain , non-fat		2/3 c		1 1/3 c
Taco seasoning, low-sodium		1 Tbsp + 2 tsp		3 Tbsp + 1 tsp
Cheese, cheddar, low-fat, shredded	6 oz		12 oz	
Cheese, mozzarella, low-fat, shredded	6 oz		12 oz	

DIRECTIONS

1. Day before service, thaw corn and eggs overnight in the refrigerator.

CCP: Hold at 41° F or below.

2. Preheat convection oven to 350° F. Line full size 2" deep full size steamtable pans with pan liners and pan release. Fold pan liner in half to fit pan (it will not cover the entire bottom). Use 1 pan for 48 servings and 2 pans for 96 servings.

3. Drain and rinse black beans in a colander. Shake to remove excess water.

4. In a large bowl or container, combine diced bell pepper with black beans and corn. Set aside.

5. In another large bowl or container, whisk yogurt and taco seasoning. Then add eggs, and whisk again to combine.

6. Place black bean mixture (3 1/3 cups/pan) in each prepared pan. Pour egg mixture (1 qt 2 cups/pan) over top. Gently stir. Bake for 20-25 minutes or until center is set.

CCP: Hold and serve at 41° F or below.

Continued

SOUTHWEST FRITTATA

DIRECTIONS

Continued

7. While frittata is baking, combine cheeses. Once frittata center is set, remove from oven and sprinkle each pan with 12 oz cheese. Return to oven and bake until cheese is melted, ~ 5 minutes.

CCP: No bare hand contact with ready to eat food.

8. Cut each pan into 48 pieces, 6x8. Serve one piece to each customer.

CCP: Hold and serve at 135° F or higher.

NUTRITION INFORMATION

Serving Size	1 (6x8) piece
NUTRIENTS	AMOUNT
Calories	70
Total Fat	4.5 g
Saturated Fat	2 g
Cholesterol	125 mg
Sodium	120 mg
Total Carbohydrate	3 g
Dietary Fiber	<1 g
Total Sugars	<1 g
Added Sugars	0 g
Protein	6 g
Vitamin D	0 mcg
Calcium	4 mg
Iron	0 mg
Potassium	11 mg

N/A= data not available.

ALLERGENS: Eggs, Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

STEP-BY-STEP



Spray and line a 2" deep full size steamtable pan.



Drain and rinse beans, dice peppers, then combine with thawed corn in a bowl.



Combine yogurt and taco seasoning. Add eggs and whisk well.



Divide black bean corn mixture equally between pans (3 1/3 cups/pan).



Pour egg and yogurt mixture (1 qt 2 cups) on top. Bake at 350°F convection ~20-25 minutes.



Mix cheeses together, sprinkle on top, and cook 5 more minutes. Cut into 48 pieces, 8 x 6 for 1.25 oz eq m/ma servings.



FROZEN YOGURT BARK

Cooking Process: #1 No Cook
Prep Time: 30 minutes
Cook Time:
Total Time: 30 minutes

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch
K-12 Portion Size: 2 bars
Meal Pattern Contribution: .5 oz eq WGR grain, 2 oz eq m/ma

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	
Blueberries, frozen, wild, USDA foods		1 qt		1 gal
Strawberries, frozen, sliced, unsweetened, USDA foods		1 qt		1 gal
Granola, WG, reduced sugar	1 lb		4 lb	

DIRECTIONS

CCP: No bare hand contact with ready to eat food.

1. Line half size sheet pans with pan liners.
2. Pour 2 lb yogurt into each half sheet pan and spread to fill the pan in an even layer.
3. Top each pan with 2 cups strawberries, 2 cups blueberries, and 1/2 lb granola. Press ingredients down lightly to stick to the yogurt.
4. Freeze and store overnight.

CCP: Hold at 41° F or below.

CCP: No bare hand contact with ready to eat food.

5. Remove bars from pan, keeping on parchment paper. Cut each pan into 16 pieces, 4 x 4. Return to freezer until time of service. During service, return to freezer after 15 minutes. Serve 2 pieces to each student.

CCP: Hold and serve at 41° F or below.

FROZEN YOGURT BARK

NUTRITION INFORMATION

Serving Size	2 bars
NUTRIENTS	AMOUNT
Calories	230
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	133 mg
Total Carbohydrate	45 g
Dietary Fiber	7 g
Total Sugars	19 g
Added Sugars	9 g
Protein	7 g
Vitamin D	2.0 mcg
Calcium	109 mg
Iron	1.4 mg
Potassium	270 mg
N/A=data not available.	

ALLERGENS: Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Line half size sheet pans with pan liners.



Pour 2 lb yogurt into each pan and spread to fill the pan in an even layer.



Top each pan with ½ lb granola, 2 cups strawberries, and 2 cups blueberries. Press down lightly to stick to the yogurt. Freeze overnight.



Remove bars from pan, keeping on liners. Cut each pan into 16 pieces, 4 x 4. Return to freezer until time of service.



Serve 2 pieces to each student. Return to freezer during every break in service.

NOTES

HANDHELDS





BREAKFAST CALZONE

Cooking Process: #2 Same Day Service

Prep Time: 45 minutes

Cook Time: 15 minutes

Total Time: 1 hour

Recipe Categories: Breakfast, Grab n' Go, Speed Scratch

K-12 Portion Size: 1/2 calzone

Meal Pattern Contribution: 1.25 oz eq WGR grain, 1 oz eq m/ma

INGREDIENTS	80 Servings		160 Servings	
	Weight	Measure	Weight	Measure
Pizza dough, whole grain rich, 6", oven-rising		40 each		80 each
Pan release				
Eggs, scrambled, pre-cooked	2.5 lb		5 lb	
Cheese, cheddar, low-fat, shredded	2.5 lb		5 lb	
Bacon bits, turkey, pre-cooked		1/4 c + 2 Tbsp		3/4 c

DIRECTIONS

1. **Day before service**, thaw scrambled eggs.
2. Preheat convection oven to 325° F.
3. Remove dough from case and place on lined sheet pans sprayed with pan release.
Keep dough covered with pan sprayed or plastic wrap throughout assembly process to prevent drying.
4. Combine eggs, cheese, and bacon bits in a bowl, pan, or container.
5. Using a #12 disher, place a scoop in the center of each dough circle.
6. Fold the edges over filling forming a half circle and crimp edges to seal.
7. Place on lined sheet pans and spray calzones with pan release spray.
8. Bake for 12-15 minutes or until crust is light golden brown.

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: No bare hand contact with ready to eat food.

9. Allow to cool slightly and then cut in half. Serve 1/2 a calzone to each student.

CCP: Hold and serve at 135° F or higher.

BREAKFAST CALZONE

NUTRITION INFORMATION

Serving Size	1/2 calzone
NUTRIENTS	AMOUNT
Calories	255
Total Fat	7 g
Saturated Fat	4.5 g
Cholesterol	60 mg
Sodium	530 mg
Total Carbohydrate	34 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars	3 g
Protein	13 g
Vitamin D	0.6 mcg
Calcium	30 mg
Iron	1.9 mg
Potassium	250 mg

N/A=data not available.

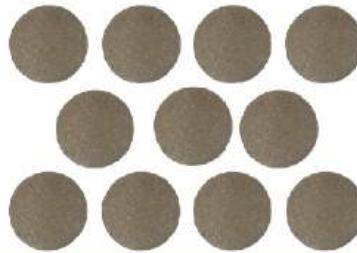
ALLERGENS: Eggs, Milk, Wheat, Soy, Sesame

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Place frozen dough on lined sheet pans sprayed with pan release. Spray dough and cover.



Combine eggs, cheese, and bacon bits in a bowl.



Using a #12 disher, place a scoop of egg mixture in the center of each dough circle.



Fold the edges over filling forming a half circle and crimp edges to seal.



Bake on lined sheet pans ~12-15 minutes or until light golden brown.



Allow to cool slightly and then cut in half. Serve 1/2 a calzone to each student.



BREAKFAST GRILLED CHEESE W/ HONEY MUSTARD SAUCE

Cooking Process: #2 Same Day Service

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Recipe Categories:

Breakfast, Grab n' Go, Speed Scratch

K-12 Portion Size:

1/2 sandwich, #24 disher honey (or hot honey) mustard yogurt sauce

Meal Pattern Contribution: 1 oz eq WGR grain, 1.5 oz eq m/ma

INGREDIENTS	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Egg Patties, 3.5", 1.25 oz		24 each		48 each
Pan release, butter flavored				
Bread, sandwich, sliced, whole grain rich		48 each		96 each
Cheese, cheddar, reduced-fat, sliced, .5 oz		72 each		144 each
Sauce, honey (or hot honey) mustard yogurt (see recipe)		2 qt		1 gal

DIRECTIONS

1. Thaw egg patties overnight.

CCP: Hold at 41° F or below.

2. Preheat oven to 375° F.

3. Spray a full sheet pan with butter-flavored pan release. Lay 24 slices of bread onto prepared pan.

4. Top each slice of bread with one cheese slice, then one egg patty, and finally two cheese slices.

5. Top with remaining slice of bread. Spray top of sandwiches lightly with butter-flavored pan release spray.

6. Bake at 375° F for 8-10 minutes or until bread is toasted and cheese is melted. As an option, place a sheet pan on top of sandwiches for improved browning.

CCP: Heat to 135° F or higher for at least 15 seconds.

CCP: No bare hand contact with ready to eat food.

7. Slice in half diagonally. Serve one half to each customer. Offer a #24 disher of honey (or hot honey) mustard yogurt sauce as a condiment.

BREAKFAST GRILLED CHEESE W/ HONEY MUSTARD SAUCE

NUTRITION INFORMATION

Serving Size 1/2 sandwich,
#24 disher
honey mustard
yogurt sauce

NUTRIENTS AMOUNT

Calories	190
Total Fat	8 g
Saturated Fat	3.5 g
Cholesterol	99 mg
Sodium	390 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars	1 g
Protein	12 g
Vitamin D	0.5 mcg
Calcium	194 mg
Iron	0.8 mg
Potassium	119 mg

N/A=data not available.

ALLERGENS: Milk, Eggs, Wheat, Soy

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Thaw egg patties overnight. Preheat oven to 375° F. Spray sheet pan with butter-flavored pan release. Lay bread onto prepared pan.



Top bread with one cheese slice, then one egg patty, and finally two cheese slices.



Top with bread. Spray sandwiches with butter-flavored pan release spray.



Bake ~8-10 minutes or until bread is toasted and cheese is melted. Place sheet pan on top for better browning.



Slice diagonally. Serve 1/2. Offer a #24 disher of honey (or hot honey) mustard yogurt sauce.



BREAKFAST QUESADILLA

Cooking Process: #2 Same Day Service

Prep Time: 45 minutes

Cook Time: 15 minutes

Total Time: 1 hour

Recipe Categories:

K-5 Portion Size:

6-12 Portion Size:

Meal Pattern Contribution:

Breakfast, Grab n' Go, Speed Scratch

1/2 quesadilla

1 quesadilla

K-5: .75 oz eq WGR grain, 1.5 oz eq m/ma

6-12: 1.5 oz eq WGR grain, 3 oz eq m/ma

INGREDIENTS	45 Servings		90 Servings	
	Weight	Measure	Weight	Measure
Egg, frozen, liquid	5 lb		10 lb	
Tortillas, WG, 8"		45 each		90 each
Cheese, cheddar, low-fat, shredded	1 lb 6.5 oz		2 lb 13 oz	
Cheese, pepperjack, low-fat, shredded	1 lb 6.5 oz		2 lb 13 oz	
Salsa		1 qt + 1 5/8 cup		2 qt + 3 1/4 cup
Sour cream, low-fat, pc		45 each		90 each

DIRECTIONS

1. Day before service, thaw eggs in refrigerator overnight.

CCP: Hold at 41° F or below.

2. Preheat convection oven to 375° F.

3. Prepare full size sheet pan with pan release. Place tortillas evenly on sheet pan, edges overlapping. Each sheet pan can hold up to 12 tortillas.

4. Spray a 2" deep steam table pan with pan release. Add eggs to pan. Steam for about 5 minutes or until set.

5. While eggs are cooking, in a large bowl, combine cheddar and pepper jack cheese.

6. Remove eggs from steamer and scramble to whisk.

CCP: Heat to 155° F or above for at least 15 seconds.

7. Add cheese to scrambled egg pan. Use a spatula to fold until combined and cheese is evenly distributed.

8. Using a #8 disher, portion egg mixture to cover half of each tortilla. Fold in half.

9. Spray tops of quesadillas with pan release. Bake for 10 minutes or until golden brown and heated through.

Continued

BREAKFAST QUESADILLA

DIRECTIONS

Continued

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: No bare hand contact with ready to eat food.

10. While quesadillas are cooking, use a #30 disher to place 2 Tbsp salsa in 2 oz cups to offer as a condiment during service.

11. For grades K-5, serve 1/2 a quesadilla. For grades 6-12, serve one quesadilla. Offer salsa and sour cream.

CCP: Hold and serve at 135° F or higher.

NUTRITION INFORMATION

Serving Size	1 each
NUTRIENTS	AMOUNT
Calories	360
Total Fat	22 g
Saturated Fat	12 g
Cholesterol	162 mg
Sodium	566 mg
Total Carbohydrate	23 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars	0 g
Protein	17.5 g
Vitamin D	0 mcg
Calcium	124 mg
Iron	1.3 mg
Potassium	145 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

STEP-BY-STEP



Spray a 2" deep steam table pan with pan release. Add eggs.



Steam for 5 minutes, then remove and whisk. Combine cheeses while eggs cook.



Fold to combine cheese with cooked eggs.



Lay tortillas on a sprayed sheet pan. Use a #8 disher to portion egg mixture on one half of each tortilla.



Fold tortillas, spray tops and bake at 375°F convection for 10 minutes.



Use a #30 disher to portion salsa and sour cream or serve portion pacs.



STRAWBERRY PANCAKE YOGURT PARFAIT

Cooking Process: #1 No Cook

Prep Time: 30 minutes

Cook Time:

Total Time: 30 minutes

Recipe Categories:

Breakfast, Grab n' Go, Speed Scratch

K-12 Portion Size:

1 parfait

Meal Pattern Contribution: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Strawberries, USDA, frozen, sliced, unsweetened	4 lb 7 oz	2 qt	17 lb 10 oz	2 gal
Pancakes, WG, mini, maple flavor		64 each		256 each
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb	

DIRECTIONS

1. Thaw strawberries and pancakes overnight. Place strawberries in a colander or perforated pan set over a solid pan to drain. Cover to store.

CCP: Hold at 41°F or below.

CCP: No bare hand contact with ready to eat food.

2. In a 12 oz cup, layer:

- 2 pancakes
- #16 disher yogurt
- #16 disher strawberries
- Repeat layers one more time.

3. Cover and keep refrigerated until time of service. Serve one parfait per student

CCP: Hold and serve at 41°F or below.

STRAWBERRY PANCAKE YOGURT PARFAIT

NUTRITION INFORMATION

Serving Size	1 parfait
NUTRIENTS	AMOUNT
Calories	190
Total Fat	1.5 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	230 mg
Total Carbohydrate	38 g
Dietary Fiber	4 g
Total Sugars	17 g
Added Sugars	8 g
Protein	6 g
Vitamin D	2 mcg
Calcium	130 mg
Iron	1.5 mg
Potassium	460 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat, Soy

Allergen and nutrient information may vary based on the specific products and ingredients used on site.



**SMART
SWAPS**

STEP-BY-STEP



Day before service, thaw strawberries and pancakes overnight. Place strawberries in a colander/perforated pan set over a solid pan to drain.



In a 12 oz cup, layer:

- 2 pancakes
- #16 disher yogurt
- #16 disher (drained) strawberries



Repeat layers one more time.

NOTES

SAMPLE MENUS

SAMPLE BREAKFAST MENU: GRAB & GO

Grab & Go

A grab & go menu features portable meal components that allow students to quickly pick up breakfast items outside of traditional cafeteria settings—such as in hallways, kiosks, or classrooms—while keeping service fast and efficient. These menus demonstrate how schools can maintain strong student appeal, operational efficiency, and nutritional integrity while aligning with the latest USDA standards for healthy school meals.

When it works best:

Grab & go menus are ideal for increasing access and participation, especially in schools where students skip the cafeteria due to time constraints or social preferences.

SMART SWAPS

To help school nutrition professionals prepare for the updated school breakfast nutrition standards for added sugars and sodium, set to take effect in School Year 2027–2028, this resource offers three types of breakfast menus—Grab & Go, Heat & Serve, and Speed Scratch—designed to inspire compliant, practical meal planning. Our goal is not only to provide standardized recipes that meet USDA guidelines, but also to create menus that spark excitement and encourage students to participate in your school nutrition program.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Breaded Chicken Biscuit™	Egg & Cheese Croissant™	Bento Box w/ Nutty Yogurt Dip™	Cherry Lime Smoothie Bowl™	Mini Maple Pancakes™ w/ Peach n' Cream Dip
ENTRÉE 2	Cereal™ & String Cheese	Apple Pie Overnight Oats™	Cereal™ & String Cheese	Bagel™ w/ Cream Cheese	Cereal™ & String Cheese
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 431 kcal, 624 mg 9-12: 469 kcal, 610 mg	K-8: 339 kcal, 505 mg 9-12: 364 kcal, 506 mg	K-8: 334 kcal, 498 mg 9-12: 404 kcal, 410 mg	K-8: 492 kcal, 362 mg 9-12: 512 kcal, 362 mg	K-8: 412 kcal, 409 mg 9-12: 441 kcal, 402 mg

WG = Whole Grain | IW = Individually Wrapped
Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option and removed the string cheese

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 1	Grades K-8	Grades 9-12
CALORIES (KCAL)	445	479
SATURATED FAT (% OF TOTAL CALORIES)	7.7%	6.2%
ADDED SUGARS (% OF TOTAL CALORIES)	8.3%	9.0%
SODIUM (MG)	471	458

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Breaded Chicken Biscuit™	Egg & Cheese Croissant™	Bento Box w/ Nutty Yogurt Dip™	Cherry Lime Smoothie Bowl™	Mini Maple Pancakes™ w/ Peach n' Cream Dip
ENTRÉE 2	Cereal™ & String Cheese	Apple Pie Overnight Oats™	Cereal™ & String Cheese	Bagel™ w/ Cream Cheese	Cereal™ & String Cheese
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 387 kcal, 379 mg 9-12: 425 kcal, 570 mg	K-8: 364 kcal, 476 mg 9-12: 610 kcal, 479 mg	K-8: 339 kcal, 437 mg 9-12: 376 kcal, 421 mg	K-8: 478 kcal, 272 mg 9-12: 553 kcal, 323 mg	K-8: 353 kcal, 506 mg 9-12: 463 kcal, 495 mg

WG = Whole Grain | IW = Individually Wrapped
Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option and removed the string cheese

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 2	Grades K-8	Grades 9-12
CALORIES (KCAL)	432	481
SATURATED FAT (% OF TOTAL CALORIES)	8.5%	6.6%
ADDED SUGARS (% OF TOTAL CALORIES)	8.7%	9.5%
SODIUM (MG)	454	457

SMART SWAPS

Use high-quality, low-sodium, pre-packaged sides to simplify production and ordering.

PRE-PACKAGED COMBOS
Assemble pre-packaged meals in bags or boxes, use color-coded labels to reduce confusion.

DIGITAL TOOLS
Use menu software for nutrient analysis and labeling. Add QR codes for student-facing nutrition info.

Keeping Milk Cold & Safe

INSULATED CONTAINERS
Use high-quality coolers with pre-chilled milk and ice packs.

MOBILE MILK COOLERS
Position in high-traffic areas or hallway areas.

TEMPERATURE CHECKS
Use digital thermometers to monitor milk temperature and maintain logs. Serve milk between 35–40°F.

TIME LIMITS
Pack just before service and serve how long milk is out.

SAMPLE BREAKFAST MENU: SPEED SCRATCH

Speed Scratch

Speed scratch menus blend convenience with culinary creativity—featuring partially prepared components that staff can combine or finish on-site for a fresher, more customized offering. These menus highlight how speed scratch preparation can enhance flavor, presentation, and student interest while aligning with the latest USDA requirements.

When it works best:

Speed scratch menus are ideal for districts that want the appeal and freshness of scratch cooking but need the time savings and consistency of partially prepared components.



To help school nutrition professionals prepare for the updated school breakfast nutrition standards for added sugars and sodium, set to take effect in School Year 2027–2028, this resource offers three types of breakfast menus—Grab & Go, Heat & Serve, and Speed Scratch—designed to inspire compliant, practical meal planning. Our goal is not only to provide standardized recipes that meet USDA guidelines, but also to create menus that spark excitement and encourage students to participate in your school nutrition program.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	French Toast Sticks ^{WG} w/ Peaches n' Cream Dip or Syrup	Breakfast Mac & Cheese ^{WG}	Sausage Biscuit ^{WS}	Breakfast Bowl w/ Tajin Yogurt Sauce	Chicken & Waffles ^{WG} w/ Honey Mustard Yogurt Sauce or Syrup
ENTRÉE 2	Assorted Cereals ^{WG}	Very Berry Overnight Oats ^{WG}	Strawberry Pancake Yogurt Parfait ^{WG}	Assorted Cereals ^{WG}	Assorted Cereals ^{WG}
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 402 kcal, 432 mg 9-12: 459 kcal, 502 mg	K-8: 433 kcal, 442 mg 9-12: 450 kcal, 443 mg	K-8: 383 kcal, 494 mg 9-12: 392 kcal, 494 mg	K-8: 472 kcal, 567 mg 9-12: 536 kcal, 634 mg	K-8: 440 kcal, 463 mg 9-12: 459 kcal, 500 mg

WG = Whole Grain

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 1

	Grades K-8	Grades 9-12
CALORIES (KCAL)	426	459
SATURATED FAT (% OF TOTAL CALORIES)	7.8%	7.0%
ADDED SUGARS (% OF TOTAL CALORIES)	8.8%	9.8%
SODIUM (MG)	480	515

SAMPLE BREAKFAST MENU: SPEED SCRATCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Pancakes ^{WG} w/ Syrup & Turkey Sausage Patty	Breakfast Grilled Cheese ^{WG} w/ Honey Mustard Sauce	Cherry Lime Smoothie Bowl ^{WG}	Breakfast Nachos ^{WG} w/ Tajin Yogurt Sauce	Breakfast Fruit Crisp ^{WG} w/ Vanilla Yogurt
ENTRÉE 2	Assorted Cereals ^{WG}	Apple Pie Overnight Oats ^{WG}	Bagel ^{WG} w/ Cream Cheese or Sunbutter	Assorted Cereals ^{WG}	Assorted Cereals ^{WG}
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Banana Strawberries	Apple Slices Orange	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 391 kcal, 542 mg 9-12: 448 kcal, 612 mg	K-8: 496 kcal, 377 mg 9-12: 523 kcal, 379 mg	K-8: 529 kcal, 372 mg 9-12: 552 kcal, 373 mg	K-8: 400 kcal, 575 mg 9-12: 461 kcal, 652 mg	K-8: 432 kcal, 302 mg 9-12: 504 kcal, 386 mg

WG = Whole Grain

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 2		Grades K-8	Grades 9-12
CALORIES (KCAL)		450	497
SATURATED FAT (% OF TOTAL CALORIES)		6.7%	6.1%
ADDED SUGARS (% OF TOTAL CALORIES)		9.0%	9.4%
SODIUM (MG)		434	480

Menu Efficiency

STANDARDIZE CORE RECIPES

Rotate bases (smoothies, breakfast bowls, fruit crisp) with different flavors or sides.

BATCH PREPARATION

Cook or portion ahead (overnight oats, parfaits) to ease morning service.

MULTI-USE INGREDIENTS

Select items used across multiple recipes to cut waste and storage needs.

DIGITAL TOOLS

Use menu software for nutrient analysis and scaling; add QR codes for student-facing nutrition info.

Keeping Milk Cold & Safe

STORAGE

Maintain milk at ~35°F in walk-in or milk box cooler.

SERVICE BEST PRACTICES

Serve between 35–40°F, minimize cooler door openings, and ensure proper airflow. Keep milk in the cooler during service; do not place it outside the cooler.

TEMPERATURE CHECKS

Use digital thermometers and maintain logs.



SAMPLE BREAKFAST MENU: GRAB & GO

Grab & Go

A grab & go menu features portable meal components that allow students to quickly pick up breakfast items outside of traditional cafeteria settings—such as in hallways, kiosks, or classrooms—while keeping service fast and efficient.

These menus demonstrate how schools can maintain strong student appeal, operational efficiency, and nutritional integrity while aligning with the latest USDA standards for healthier school meals.

When it works best:

Grab & go menus are ideal for increasing access and participation, especially in schools where students skip the cafeteria due to time constraints or social preferences.



To help school nutrition professionals prepare for the updated school breakfast nutrition standards for added sugars and sodium, set to take effect in School Year 2027–2028, this resource offers three types of breakfast menus—Grab & Go, Heat & Serve, and Speed Scratch—designed to inspire compliant, practical meal planning. Our goal is not only to provide standardized recipes that meet USDA guidelines, but also to create menus that spark excitement and encourage students to participate in your school nutrition program.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Breaded Chicken Biscuit ^{WG, IW}	Egg & Cheese Croissant ^{WG, IW}	Bento Box w/ Nutty Yogurt Dip ^{WG}	Cherry Lime Smoothie Bowl ^{WG}	Mini Maple Pancakes ^{WG, IW} w/ Peaches n' Cream Dip
ENTRÉE 2	Cereal ^{WG} & String Cheese	Apple Pie Overnight Oats ^{WG}	Cereal ^{WG} & String Cheese	Bagel ^{WG} w/ Cream Cheese	Cereal ^{WG} & String Cheese
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 431 kcal, 624 mg 9-12: 469 kcal, 610 mg	K-8: 537 kcal, 505 mg 9-12: 564 kcal, 506 mg	K-8: 354 kcal, 458 mg 9-12: 404 kcal, 410 mg	K-8: 492 kcal, 362 mg 9-12: 512 kcal, 362 mg	K-8: 412 kcal, 409 mg 9-12: 441 kcal, 402 mg

WG = Whole Grain | IW = Individually Wrapped

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option and removed the string cheese

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 1

	Grades K-8	Grades 9-12
CALORIES (KCAL)	445	478
SATURATED FAT (% OF TOTAL CALORIES)	7.7%	6.2%
ADDED SUGARS (% OF TOTAL CALORIES)	8.3%	9.0%
SODIUM (MG)	471	458

SAMPLE BREAKFAST MENU: GRAB & GO

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Sausage Biscuit ^{IW}	Breakfast Quesadilla ^{WG}	Strawberry Pancake Yogurt Parfait ^{WG}	Peachy King Smoothie w/ Graham Crackers ^{WG, IW}	Chicken & Waffles ^{WG} w/ Honey Mustard Yogurt Sauce
ENTRÉE 2	Cereal ^{WG} & String Cheese	Very Berry Overnight Oats ^{WG}	Cereal ^{WG} & String Cheese	Blueberry Muffin ^{WG, IW}	Cereal ^{WG} & String Cheese
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 387 kcal, 579 mg 9-12: 429 kcal, 570 mg	K-8: 564 kcal, 476 mg 9-12: 610 kcal, 479 mg	K-8: 339 kcal, 437 mg 9-12: 378 kcal, 421 mg	K-8: 478 kcal, 273 mg 9-12: 553 kcal, 323 mg	K-8: 393 kcal, 506 mg 9-12: 463 kcal, 493 mg

WG = Whole Grain | IW = Individually Wrapped

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option and removed the string cheese

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 2		Grades K-8	Grades 9-12
CALORIES (KCAL)		432	481
SATURATED FAT (% OF TOTAL CALORIES)		8.5%	6.6%
ADDED SUGARS (% OF TOTAL CALORIES)		8.7%	9.5%
SODIUM (MG)		454	457

Menu Efficiency

STANDARDIZE MENU COMPONENTS

Rotate core items (whole grain cereal, smoothies, breakfast sandwiches) with different sides to simplify production and ordering.

PRE-PACKAGED COMBOS

Assemble reimbursable meals in bags or boxes; use color-coded labels to reduce confusion.

DIGITAL TOOLS

Use menu software for nutrient analysis and scaling; add QR codes for student-facing nutrition info.

Keeping Milk Cold & Safe

INSULATED CONTAINERS

Use high-quality coolers with pre-chilled milk and ice/gel packs.

MOBILE MILK COOLERS

Position in high-traffic kiosk or hallway areas.

TEMPERATURE CHECKS

Use digital thermometers to monitor milk temperature and maintain logs. Serve milk between 35–40°F.

TIME LIMITS

Pack just before service and monitor how long milk is out.



SAMPLE BREAKFAST MENU: HEAT & SERVE

Heat & Serve

A heat & serve menu features pre-prepared items that can be quickly heated and served, helping reduce labor demands while maintaining consistency in quality and portioning. These menus show how districts can balance efficiency, flavor, and compliance while meeting the latest USDA standards.

When it works best:

Heat & serve menus are ideal for kitchens with limited staff capacity, short meal periods, or high-volume service where speed is critical.



To help school nutrition professionals prepare for the updated school breakfast nutrition standards for added sugars and sodium, set to take effect in School Year 2027–2028, this resource offers three types of breakfast menus—Grab & Go, Heat & Serve, and Speed Scratch—designed to inspire compliant, practical meal planning. Our goal is not only to provide standardized recipes that meet USDA guidelines, but also to create menus that spark excitement and encourage students to participate in your school nutrition program.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Breaded Chicken Biscuit ^{WG}	Egg & Cheese Croissant ^{WG, IW}	Waffles ^{WG} w/ Syrup Turkey Sausage Patty (9-12 menu)	Scrambled Eggs w/ Toast ^{WG}	French Toast Sticks ^{WG} w/ Syrup
ENTRÉE 2	Cereal ^{WG} & String Cheese	Yogurt & Granola ^{WG}	Cereal ^{WG} & String Cheese	Bagel ^{WG} w/ Cream Cheese	Cereal ^{WG} & String Cheese
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 437 kcal, 624 mg 9-12: 480 kcal, 633 mg	K-8: 447 kcal, 456 mg 9-12: 473 kcal, 523 mg	K-8: 357 kcal, 420 mg 9-12: 428 kcal, 462 mg	K-8: 353 kcal, 446 mg 9-12: 422 kcal, 588 mg	K-8: 431 kcal, 474 mg 9-12: 453 kcal, 471 mg

WG = Whole Grain | IW = Individually Wrapped

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option and removed the string cheese

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 1

	Grades K-8	Grades 9-12
CALORIES (KCAL)	405	451
SATURATED FAT (% OF TOTAL CALORIES)	8.2%	7.4%
ADDED SUGARS (% OF TOTAL CALORIES)	9.9%	9.6%
SODIUM (MG)	484	535

SAMPLE BREAKFAST MENU: HEAT & SERVE

Menu Efficiency

STANDARDIZE CORE ITEMS

Rotate versatile heat & serve products (breakfast sandwiches, whole grain pancakes) with different sides.

BATCH PREPARATION

Warm items in bulk, then hold at safe serving temps until service. Avoid reheating too early to maintain quality and safety.

MULTI-USE INGREDIENTS

Choose items (turkey sausage patties, waffles, yogurt cups) for multiple menu uses.

DIGITAL TOOLS

Use menu software for nutrient analysis and scaling; add QR codes for student-facing nutrition info.

Keeping Milk Cold & Safe

STORAGE

Maintain milk at ~35°F in walk-in or milk box cooler.

SERVICE BEST PRACTICES

Serve between 35–40°F, minimize cooler door openings, and ensure proper airflow. Keep milk in the cooler during service; do not place it outside the cooler.

TEMPERATURE CHECKS

Use digital thermometers and maintain logs.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE 1	Sausage Biscuit ^{WG}	Breakfast Burrito w/ Egg & Cheese w/ Salsa	Pancakes ^{WG} w/ Syrup Turkey Sausage Patty (9-12 menu)	Turkey Sausage Breakfast Pizza ^{WG}	Chicken & Waffles ^{WG} w/ Honey Mustard Yogurt Sauce
ENTRÉE 2	Cereal ^{WG} & String Cheese	Yogurt & Granola ^{WG}	Cereal ^{WG} & String Cheese	Blueberry Muffin ^{WG, IW}	Cereal ^{WG} & String Cheese
FRUIT	Grapes Cubed Honeydew Melon	Bananas 100% Fruit Juice	Apple Slices Orange	Banana Strawberries	Frozen Mixed Berry Cup 100% Fruit Juice
MILK	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk	1% Milk 1% Chocolate Milk 1% Lactose-free Milk
DAILY CALORIES & SODIUM	K-8: 397 kcal, 584 mg 9-12: 438 kcal, 615 mg	K-8: 446 kcal, 421 mg 9-12: 479 kcal, 471 mg	K-8: 346 kcal, 438 mg 9-12: 421 kcal, 568 mg	K-8: 444 kcal, 373 mg 9-12: 498 kcal, 470 mg	K-8: 393 kcal, 506 mg 9-12: 439 kcal, 494 mg

WG = Whole Grain | IW = Individually Wrapped

Portion sizes adjusted for grade level | For 9-12, increased cereal from a 1 grain to 2 grain option and removed the string cheese

DIETARY SPECIFICATIONS AVERAGE FOR WEEK 2

	Grades K-8	Grades 9-12
CALORIES (KCAL)	406	455
SATURATED FAT (% OF TOTAL CALORIES)	7.5%	7.8%
ADDED SUGARS (% OF TOTAL CALORIES)	9.6%	9.7%
SODIUM (MG)	465	523



NOTES



VISIT **SMART-SWAPS.COM** FOR MORE RESOURCES.



Adapted from United Dairy Industry of Michigan | Florida Dairy Farmers by Maine Dairy & Nutrition Council.